

Individual Best Times (All Time)

Shannon Byrne - (916471) - West Dunbartonshire ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.46	28.70	514	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1
100 Freestyle	1:04.93	1:03.60	505	10/05/15	SASA West District Championships	East Kilbride	SCO975	1
200 Freestyle	2:29.03	2:26.70	434	01/05/16	COAST Long Course Meet	Aberdeen	SCO1116	1
400 Freestyle	5:07.06	5:02.50	450	30/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
50 Breaststroke	39.88	39.10	390	30/04/16	COAST Long Course Meet	Aberdeen	SCO1116	1
100 Breaststroke	1:29.39	1:28.00	369	18/01/15	SASA West District Grand Prix	Glasgow	SCO930	1
200 Breaststroke	3:14.63	3:11.90	352	17/01/15	SASA West District Grand Prix	Glasgow	SCO930	1
50 Butterfly	31.82	31.20	452	26/07/15	Scottish Summer Meet 2015	Edinburgh	SCO100	1
100 Butterfly	1:15.81	1:14.80	391	31/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
200 Butterfly	3:00.19	2:58.40	308	06/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1
200 Individual Medley	2:46.86	2:44.50	431	30/05/15	East District Open with SASA Grand Prix	Edinburgh	SCO984	1
400 Individual Medley	6:12.20	6:07.40	364	30/04/16	COAST Long Course Meet	Aberdeen	SCO1116	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.07	29.80	490	15/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
100 Freestyle	1:03.58	1:04.90	493	14/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
200 Freestyle	2:22.14	2:24.60	467	11/04/15	Stirling Open Meet	Stirling	SCO962	2
400 Freestyle	4:57.29	5:02.00	470	26/04/15	South Ayrshire Open Meet	South Ayrshire	SCO968	2
50 Breaststroke	38.21	39.00	409	14/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
100 Breaststroke	1:25.00	1:26.50	394	25/04/15	South Ayrshire Open Meet	South Ayrshire	SCO968	2
200 Breaststroke	3:07.99	3:10.80	366	02/11/14	SASA West District SAG Championships	Ayr	SCO894	1
50 Butterfly	31.21	31.80	476	13/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
100 Butterfly	1:13.10	1:14.10	404	11/04/15	Stirling Open Meet	Stirling	SCO962	2
200 Butterfly	2:53.21	2:55.00	329	14/02/16	Sharks Open Meet	Bellshill	SCO1082	1
50 Backstroke	34.92	35.50	378	30/08/15	SASA West District SR Championships	Ayr	SCO1012	1
100 Backstroke	1:17.19	1:18.20	359	30/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
200 Backstroke	2:44.00	2:46.00	381	26/04/15	South Ayrshire Open Meet	South Ayrshire	SCO968	2
200 Individual Medley	2:38.75	2:41.20	452	12/04/15	Stirling Open Meet	Stirling	SCO962	2
400 Individual Medley	5:37.22	5:42.40	452	11/04/15	Stirling Open Meet	Stirling	SCO962	2
100 Individual Medley	1:13.83	1:13.80	448	12/04/15	Stirling Open Meet	Stirling	SCO962	2